



THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT  
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"

# NED BAUMER MIRAMAR COLLEGE AQUATIC CENTER SUMMER 2010

June 28–September 6, 2010

10440 BLACK MOUNTAIN ROAD • SAN DIEGO, CA 92126

(858) 538-8083 ♦ www.sandiego.gov

## LAP SWIM

Monday-Thursday	6:30am- 4:30pm
<b>**Starting 8/16</b>	7:45am- 4:30pm
<b>**Starting 8/23</b>	7:45am-12:30pm
Fridays <b>**until (8/26)</b>	12:00pm-3:00pm
Saturday	10:00am-3:00pm
Sunday	12:00pm-3:00pm
<b>**Starting 8/16 Lap Pool hours will change. Starting on 8/26, Lap Pool will close on Fridays.</b>	

## RECREATIONAL SWIM & CHILDREN'S POOL

Monday –Sunday	12:00pm-3:00pm
<b>July 5 and September 6</b>	<b>12:00pm-3:00pm</b>

## POOL FEST

**SATURDAY, AUGUST 28**



**FREE ADMISSION**  
**12:00PM-3:00PM**

## FACILITY ADMISSIONS FEES

Adults (16 &older)	\$4.00
Child/Disabled/Senior	\$2.00

## DISCOUNT PASS FEES

Adults (16 &older)	\$100.00/ 30 swims
Adults (16 &older)	\$35.00/ 10 swims
Child/Disabled/Senior	\$45.00/ 30 swims
Child/Disabled/Senior	\$15.00/ 10 swims

•**Passes expire one year from the date of issue and can be used at any City Pools.**

•**Specific lanes/areas will be designated for Lap & Recreational swimming, however, the pool may be utilized for other programs during designated Lap/Recreational swim times**

•**All persons entering the facility during Recreation and Lap Swim times MUST pay the admission fee and wear proper swim attire at all times.**

•**A paying parent or responsible adult in a swimsuit must accompany children under 7 years of age or less than four feet tall. While in the water, a parent or responsible adult must remain within arms reach of the child.**

•**The City of San Diego Swimming Pools may close without notice during inclement weather conditions**



As a recipient of federal funds, the city of San Diego cannot discriminate against anyone on the basis of race, color, creed, sex, age, national origin or ancestry, religion, pregnancy, physical or mental disability, veteran status, marital status, medical condition, gender (transsexual and transgender), sexual orientation, as well as any other category protected by federal, state or local laws. If anyone believes, he or she has been discriminated against, he or she may file a complaint alleging the discrimination with the City of San Diego Park and Recreation Department (contact District Manager (619) 533-6526) or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240. This information is available in alternative formats upon request.

## CITY OF SAN DIEGO SWIMMING (CSDS)

City of San Diego Swimming (CSDS) is a recreational swim organization for youth 5-17 years old, which offers a quality, safe program that is committed to introducing and developing basic competitive swim skills while promoting fun and team spirit. Swimmers are encouraged to participate in swim meet competitions with other City of San Diego swimming pools.  
**Prerequisite:** Completion of Competitive Skills I course or Pool Manager's approval.

**Monday-Thursday: 4:30-5:45pm**

**Fee: \$35.00/Month** (Fees are due at the beginning of ea. month)

**COMPETITIVE SKILLS** Teaches swimmers all aspects of competitive strokes, is a prerequisite to joining swim team. Ages 5-17 years old. **Classes are eight/ 40-minute classes**

**Monday-Thursday: 3:45-4:25pm**

**Fee: \$53.75/ 2-week session**

(See session dates under lesson schedule)



## YOUTH WATER POLO

Participants are introduced to basic water polo skills with an emphasis on teamwork, fun, and sportsmanship. Participants must be able to swim 200 yards continuously and tread water for one minute. Ages 9 to 13 years of age

**Tuesday/Thursday: 10:30am -12:00pm**

**Fee: \$25.00/Month** (Fees are due at the beginning of ea. month)

## WATER EXERCISE

### Aquatic Body Conditioning (ABC)

This is a total body conditioning class; Multi-level, low impact, cardio respiratory work out held in shallow water. Flexibility, muscular strength and endurance are emphasized. Participants need not know how to swim.

**Monday/Wednesday 9:30am - 10:30am**

**Fee:**

Adults/Seniors	\$3.50/class
Discount Pass	\$30.00/10 classes



## ADAPTED AQUATICS

Swimming and Water Safety Instruction is offered for individuals with disabilities 3 years to Adult. Medical clearance is requested. See Pool manager for more information.

**Classes are \$53.75 for eight 40-minute classes.**

**Saturdays 10:00 am 10:45am 11:20am**

**RENTALS-** All City Pools are available to rent for exclusive or shared use. For more information, please contact the Pool Manager.

**SAFETY CHECKS-** There may be ten-minute safety checks conducted every half hour or every hour during Recreational Swim hours.

**EMERGENCY TESTING-** All City pool personnel are subject to emergency testing at anytime. Patron patience and cooperation during these drills are greatly appreciated

**All Aquatic Programs, Schedules and Fees may change and/or be cancelled without notice.**



**All City of San Diego Parks, Pools, and Beaches are smoke free**



# SUMMER SWIMMING LESSONS SCHEDULE



**Session 1 June 28-July 9 (Mon thru Thursday) 8/ 40 minute classes (No class on 7/5-makeup class on Fri 7/9)**

9 -9:40 am	9:45-10:25	10:30-11:10	11:15-11:55	3-3:40 pm	3:45-4:25	4:30-5:10	5:15-5:55	6-6:40 pm
Int/Swim	Tiny Tots*	Tiny Tots*	Parent/Tot	Tiny Tots*	Super Tot*	Tiny Tots*	Parent/Tot	Adults
Beg 1	Adv. Tot*	Super Tot*	Tiny Tots*	Adv. Tot*	Beg 1	Adv. Tot*	Adults	
		Beg 2	Beg 1	Beg 1	Beg 2	Beg 1	Super Tot*	
		Beg 3/ Adv.Beg		Beg 2	Beg 3		Beg 2	

**Session 2 July 12-July 23 (Mon thru Thursday) 8/ 40 minute classes**

9 -9:40 am	9:45-10:25	10:30-11:10	11:15-11:55	3-3:40 pm	3:45-4:25	4:30-5:10	5:15-5:55	6-6:40 pm
Tiny Tots *	Tiny Tots*	Tiny Tots*	Parent/Tot	Tiny Tots*	Tiny Tots*	Tiny Tots*	Parent/Tot	Adults
Adv. Tots*	Adv. Tot*	Super Tot*	Tiny Tots*	Adv. Tot*	Super Tot*	Adv. Tots*	Super Tot*	
Beg 1		Beg 2	Adv. Tot*	Beg 1	Beg 1	Beg 1	Beg 2	
		Beg 3	Beg 1	Beg 2	Beg 3/Adv. Beg	Int/Swim	Adults	

**Session 3 July 26-August 6 (Mon thru Thursday) 8/ 40 minute classes**

9 -9:40 am	9:45-10:25	10:30-11:10	11:15-11:55	3-3:40 pm	3:45-4:25	4:30-5:10	5:15-5:55	6-6:40 pm
Tiny Tots *	Tiny Tots*	Super Tot*	Parent Tot	Tiny Tots*	Adv. Tots*	Tiny Tots*	Parent/Tot	Adults
Adv. Tots*	Adv. Tot*	Beg 1	Tiny Tots*	Adv. Tot*	Super Tot*	Adv. Tots*	Super Tots*	
Int/Swim		Beg 2	Adv. Tot*	Beg 1	Beg 1	Beg 1	Beg 2	
Beg 1		Beg 3/ Adv.Beg	Beg 1	Beg 2	Beg 3/Adv. Beg	Int/Swim	Adults	

**Session 4 August 9-August 20 (Mon thru Thursday) 8/ 40 minute classes**

9 -9:40 am	9:45-10:25	10:30-11:10	11:15-11:55	3-3:40 pm	3:45-4:25	4:30-5:10	5:15-5:55	6-6:40 pm
Tiny Tots *	Tiny Tots*	Tiny Tots*	Parent /Tot	Tiny Tots*	Tiny Tots*	Tiny Tots*	Parent/Tot	Adults
Adv. Tots*	Adv. Tot*	Super Tot*	Tiny Tots*	Adv. Tot*	Super Tot*	Adv. Tot*	Super Tot*	
Beg 3		Beg 2	Adv. Tot*	Beg 1	Beg 1	Beg 1	Beg 2	
		Beg 3/ Adv.Beg	Beg 1	Beg 2	Beg 3/Adv. Beg	Int/Swim	Adults	

**Session 5 August 23-September 3 (Mon thru Thursday) 8/ 40 minute classes**

9 -9:40 am	9:45-10:25	10:30-11:10	11:15-11:55	3-3:40 pm	3:45-4:25	4:30-5:10	5:15-5:55	6-6:40 pm
Adv Tot*	Tiny Tots*	Tiny Tots*	Parent /Tot	Tiny Tots*	Tiny Tots*	Tiny Tots*	Parent/Tot	Adults
Beg 1	Super Tot*	Super Tot*	Adv Tot*	Super Tot*	Super Tot*	Adv. Tots*	Super Tot*	
		Beg 2	Beg 1	Beg 1	Beg 1	Beg 2	Beg 3	
		Beg 3/ Adv.Beg	Beg 2	Beg 2	Beg 3	Adv Beg	Adults	

## LESSON FEES:

	Resident	Non-Resident
<b>Large Group</b>	\$53.75	\$107.50
<b>Small Group*</b>	\$80.75	\$161.50
(*All Tiny Tots/ADV. Tots and Super Tot Classes are Small Group)		
<b>Private Lessons</b>	\$180.00	\$360.00
(Private lessons are 5/30 minute lessons)		

Course prerequisites and age ranges should be used as suggested guidelines for appropriate student enrollment. For prerequisites of all classes, please log on <http://www.sandiego.gov/park-and-recreation/aquatics> or contact the Pool Manager.

## NON-RESIDENTS MUST PAY TWICE THE RESIDENT RATE

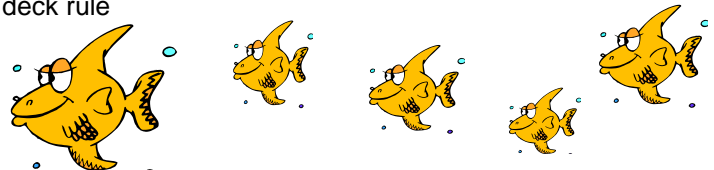
**REFUND POLICY-** Extra care should be given to the selection of classes. **There are NO REFUNDS. Full refund will be granted only if class is cancelled by the Pool Manager**

**VOLUNTEERS NEEDED!**-Ongoing opportunities are available at the recreation centers, pool and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit [www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml](http://www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml) or contact the Volunteer Office at (619)533-4017

## KEEPING THE POOLS CLEAN & OPEN

- When the pool is contaminated with fecal matter, the pool must close.
- Children should use the restroom before entering the pool, wash their hands with soap and water and shower.
- Children 3 years of age and younger are required to wear a tight fitting "swimsuit diaper" or tight fitting plastic pants and a swimsuit.
- Patrons are not permitted to swim in the pool if they are suffering from an illness that causes diarrhea or have had diarrhea in the past two weeks.

Patrons must abide by the "no street shoes on the pool deck rule"



**DONATIONS-**By donating to our park system, you can help the park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call David Monroe, Deputy Director CPII Division, (619)525-8235.